**Supplementary Material 1.**  Flowchart of study recruitment and athlete participation

Study materials provided to head coach of sporting programs

Head coach provides study materials to athletes. Advises of potential timing for participation based on training schedule.

Eligible athletes provide written informed consent (*n*=83)

First administration of Athlete Diet Index (ADI) (*n*=83)

Athletes commence 4-day food record (4d-FR) (*n*=68)

Athletes return completed 4d-FR (*n*=50)

Reminder sent from head coach to athlete participants

Fifteen (*n*=15) athletes withdrew: due to time constraints (*n*=9); competition commitments (*n*=4); or illness/injury (*n*=2)

Twelve athletes (*n*=12) failed to return 4d-FR; and six (*n*=6) were unavailable due to competition

Two weeks

Second administration of ADI (*n*=68)

7-10 days

Reminders sent to athlete participants to complete and return 4d-FR

**Supplementary Material 2.** Example Athlete Diet Index (ADI) items by sub-grouping including minimum and maximum criteria and score

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **ADI sub-group** | **Relevant ADI Item(s)** | **Minimum criteria** | **Maximum criteria** | **Maximum score** |
| ***Core Nutrition*** |  |  |  |  |
| Fruit | How many serves of fruit eaten each day? | 0 serves/day | > 3 serves/day | 10 |
| Fruit variety | How many different types fruit in the past week? | No fruit | > 5 types/week | 5 |
| Discretionary foods | How often eat processed and deli meats in the past week? | > 3 days/week | < 2 day/week | 1 |
| How many serves of sweet or savoury snack foods^ eaten in the past week? | > 4 serves/day | < 1 serves/day | 3 |
| How many times eat fast food, takeaway or eat out of home in the past week? | > 4 days/week | < 1 day/week | 3 |
| ***Special Nutrients*** |  |  |  |  |
| Calcium | How many days eat dairy foods in the past week? | 0 days/week | > 5 days/week | 5 |
| How many serves of dairy eaten each day? | 0 serves/day | > 4 serves/day | 5 |
|  |  |  |  |  |
| ***Dietary Habits*** | Do you skip any meals or snacks on a regular basis? | ‘Always’ or ‘usually’ skip > 1 main meal | ‘Rarely’ or ‘never’ skip > 1 main meal | 2 |
|  | Do you eat before training? | ‘Rarely’ or ‘never’ | ‘Always’ or ‘usually’ | 2 |

^ Scoring for sweet and savoury snack foods is based on the combined weekly intake of all serves of sweet and savoury snack foods, divided by 7.

**Supplementary Material 3.**

Food record check list

**Checked by:**

**Date checked:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***General information***

🞏 4 days and dates completed

🞏 Meal types/times included

🞏 Portion sizes listed for all foods

🞏 Ingredients listed for meals or recipes

***Core food groups and discretionary foods***

🞏 Grains, breads and cereals

🞏 Bread type

🞏 Meat & alternatives

🞏 Processed meats

🞏 Red meat

🞏 Fish

🞏 Chicken

🞏 Eggs

🞏 Beans/legumes

🞏 Nuts/seeds

🞏 Nut spreads (e.g. peanut butter)

🞏 Vegetables

🞏 Starchy vegetables

🞏 Fruit

🞏 Avocado

🞏 Dairy & alternatives

🞏 Milk type

🞏 Cheese type

🞏 Yoghurt

🞏 Savoury snacks

🞏 Packet chips

🞏 Pies/sausage rolls

🞏 Savoury crackers

🞏 Hot chips,wedges or fries

🞏 Sweet snacks

🞏 Cake/doughnuts/muffins

🞏 Croissants/sweet pastries

🞏 Sweet biscuits

🞏 Confectionary, chocolate, lollies

🞏 Ice-cream

***Beverages***

🞏 Water

🞏 Fruit juice (no sugar)

🞏 Cordial

🞏 Soft drink

🞏 Tea

🞏 Coffee

🞏 Sports drinks

🞏 Energy drinks

🞏 Alcohol (intake: same, more or less than usual)

***Condiments***

🞏 Oils (olive oil, linseed/flaxseed, chia, hemp, canola, rice, peanut, macadamia)

🞏 Salad dressing

🞏 Sauces/gravy, other condiments

🞏 Sweeteners/sugar/jam/honey

🞏 Seasonings (salt, pepper, herbs, spices)

🞏 Butter/margarine: type and portion

🞏 Spreads portion (thin < 1tsp/slice, medium 1 tsp, thick > 1 tsp/slice)

***Takeaway and eating out***

🞏 Takeaway (e.g. McDonaldsTM, DominosTM, KFCTM)

🞏 Eating out (e.g. café, Mexican, Japanese, Thai, Indian)

🞏 Dessert/food before bedtime

🞏 Supplements

***Training***

🞏 Training sessions documented (time of day, duration, type of session)

🞏 Food/drink 1-3 hours before training

🞏 Food/drink during training

🞏 Food/drink 1-2 hours after training

***Meal patterns and dietary habits***

🞏 Regular food intake (i.e. skipping main meals)

🞏 Consume all five core food groups

**Supplementary Material 4.** Order of procedure for review and analysis of completed food records, and an outline of standard serves of core food groups, discretionary foods and alcohol to guide coding of the dietary intake data

*Review of returned 4d-FR*

* Where feasible, FRs to be reviewed with athlete prior to submission to ensure sufficient detail been recorded. No feedback on dietary intake is to be provided.
* The completed FR should be reviewed as soon as possible (e.g. within 2-3 days) to identify obvious errors and to determine the adequacy of the information for analysis.
* Use FR check list to review the reported details, check portion size or weight, type of cooking method and adequate description of composite or mixed meals (e.g. stir fry, salads, burger, sandwich).
* Where omissions have occurred or additional information is required, the participant will be contacted for clarification.
* Food labels or recipes must be supplied for any unusual food items.
* When a participant has recorded a food item or recipe for which no equivalent can be found in the food database, a new food or recipe should be added to the database.
* When the food is entered, it should be entered ‘*as consumed’*.
* All data from the reviewed 4d-FR to be entered into FoodWorks dietary analysis software within 30 days.

*Review of dietary intake data*

* Review energy, macro- and micronutrient values (i.e. calcium, iron, antioxidant vitamins including vitamin C, A, E, and zinc) to check for outliers.
* Sports drinks, sports foods and dietary supplements were included in the nutrient analysis but were not included in the scoring of food groups. Participants with a high overall contribution of protein and/or carbohydrate from sports foods were noted.
* Cross-check analysis of food groups by weight and/or number of serves when scoring the FR.

*Scoring of dietary intake data*

* Data collected for fruit, vegetables, grains, dairy, meat and alternatives, and discretionary foods were reported as the average number of serves consumed over four days.
* Data collected for variety included the number of different types of fruits and vegetables consumed over four days.
* Data collected for variety were also reported in groupings for the different types of fruits (i.e. citrus, berries, tropical, juice or other) and vegetables (i.e. green, orange/red, beans and lentils, or other) consumed over four days.
* Data collected for alcohol were reported as the number of occasions the participant consumed alcohol and the total number of serves consumed over four days.
* Data collected for processed meat and takeaway food or eating out of home were reported as the number of occasions the participant consumed processed meat or number of occasions ate out over the four days. Takeaway food and meals eaten out of the home were coded into food group equivalents. The quantity or number of serves of processed meat was not considered.
* Data collected for dairy and lean red meat were reported as the total number of days consumed and the total number of serves over four days divided by four then multiplied by seven to convert into a weekly amount.

**Standard serves of core food groups, discretionary foods, and alcohol**

|  |  |  |
| --- | --- | --- |
| **Food group** | **Standard serve size** | **1 serve equivalent** |
| **Fruit**^  Approx. 150g (350kJ) | * 1 medium apple, banana, orange, pear * 2 small apricots, kiwi fruits, plums * 1 cup canned fruit * ½ cup (125ml) fruit juice * 30g dried fruit (~8 apricot halves, 2 Tbsp sultanas) | * 1 cup grapes (170g) * 2 med slices watermelon (150g) * 1 cup fresh or frozen berries (150g) * ½ whole mango (150g) |
| **Vegetables**^  Approx.75g (100-350kJ) or ½ cup | * ½ cup cooked green or orange vegetables (eg broccoli, spinach, carrots, peas, pumpkin) * ½ cup cooked, dried or canned beans, peas or lentils * 1 cup green leafy or raw salad vegetables (50g) * ½ cup sweet corn or ½ corn cob * 1 small potato or starchy vegetable (e.g. sweet potato, taro, cassava) (100g) * 1 small tomato | * ½ avocado (80g) * 1 cup raw broccoli * 2 large mushrooms or 12 slices (150g) * ¼ capsicum or 4 strips (70g) * 8 medium cherry tomatoes * 1 large carrot * 1/3 cup tomato-based pasta sauce (80g) * 100g hummus * Home-prepared hot chips (100g) * ½ cup mashed potato or sweet potato |
| **Grains, breads and cereals**^ | * 1 slice (40g) bread * ½ medium (40g) roll or flat bread * ½ cup (75-120g) cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa * ½ cup (120g) cooked porridge * ²/³ cup (30g) cereal flakes * ¼ cup (30g) muesli * 2 biscuits Weet-BixTM * 3 (35g) crispbreads * 1 crumpet * 1 small (35g) English muffin or scone * 1 medium wrap or tortilla | Other grain-based products (~500-600kJ):   * 2 thick corn or rice cakes * 10 plain rice crackers * 1 sachet instant oats * 4 plain CruskitsTM * 1/2 thick slice of fruit bread * Grain-based snack bar3 * 30 g popcorn (lightly salted) * 1 slice pizza4 * 1 medium pancake * 1 sushi roll (medium 10-12cm length) * ¾ cup croutons * 1/3 bagel |
| **Dairy and alternatives^** | * 1 cup (250ml) milk (provides ~260-300mg calcium) * ½ cup (120ml) evaporated milk * 2 slices (40g) hard cheese * 1/3 cup grated hard cheese * ½ cup (120g) ricotta cheese * ¾ cup (200g) yoghurt * 1 cup (250ml) soy, rice, almond milk alternative (provides min. 100mg calcium per 100ml) | * 2 Tbsp cream cheese * 1 small milk-based coffee * 1 small milk-based hot chocolate * White tea made with 1-2 Tbsp milk (~0.2 serve)   Calcium equivalents:   * 100g almonds with skin * 60g sardines * ½ cup (100g) canned salmon with bones * 100g firm tofu |
| **Meat and alternatives**  Lean red meat or poultry#  Fish and seafood^  Protein alternatives^ | * 100-150g cooked lean red meat (i.e. beef, lamb, veal, pork, goat) * 100-150g cooked lean chicken or turkey * 100g cooked fish or one small can of fish (95g) * 2 large (120g) eggs * 1 cup (150g) cooked or canned legumes/beans (eg lentils, chick peas, split peas) * 170g tofu * 30g nuts/seeds * 2 Tbsp peanut or nut butter * 200g hummus | * 1 medium steak * 2 slices roast beef, pork or lamb * ½ cup cooked diced meat * ¾ cup cooked lean mince * 1 small chicken breast, thigh or drumstick * ¾ cup diced or shredded chicken * 40g nut-based snack bar\* |
| **Processed meat**^ | * 50-60g (2 slices) ham, salami * 1 ½ thick or 2 thin sausages |  |
| **Discretionary^** (~600kJ) | * 2 scoops (75g) ice cream * 2-3 sweet biscuits * 1 slice (40 g) plain cake or small muffin * 1 (40 g) doughnut * 40g sugar confectionary (i.e. 5-6 small lollies) * 1/2 small chocolate bar (25g) * 1 can (375 mL) soft drink * 30g salty crackers * 25g potato chips/corn chips * 1/3 (60g) meat pie * 12 (60g) commercial hot chips | * ½ gourmet quality ice cream (e.g. MagnumTM) * Refined/high sugar muesli bar\* (i.e. HSR< 3) |
| **Alcohol** (10g)^ | * 100ml (1/2 glass) wine * 285ml full strength beer * 60ml port or sherry * 30ml (1 shot or nip) spirits | * 375ml mid-strength beer * 400ml light beer * 250ml full strength pre-mix drink |

^ Standard serve size portions as outlined in the *Australian Guide to Healthy Eating*(1)

# Serve size portions of red meat and poultry were coded as ‘typically consumed’(50-51)

\* Although muesli, cereal and nut-based snack bars are classified as a discretionary food in the *Australian Dietary Guidelines*(1), there are significant nutrient differences across the muesli bar category(32). The Health Star Rating (HSR) is an interpretative front-of-pack labeling system intended to assist consumers make a healthier choice within a food category (refer: Commonwealth of Australia. About Health Star Ratings <http://healthstarrating.gov.au>; accessed 29 April, 2020). Muesli bars are a popular Australian snack food and are widely consumed, particularly by younger age groups(32). For the purposes of this study, grain and nut-based snack bars with a HSR > 3 stars were coded as a ‘grain’ food; while snack bars with a HSR < 3 (i.e. determined as a cut-point by consumers identifying a food as unhealthy) were coded as a discretionary item.

**Supplementary Material 5.** Mean energy and nutrient intake reported by the 4d-FR (*n*=50) compared to dietary recommendations

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | | **Recommended intake**‡ **(% met recommendations)** | | | | |
| **Dietary analysis** | **Total (*n*=50)**  **Mean (SD)** | **Female (*n*=37)**  **Mean (SD)** | **Males (*n*=13)**  **Mean (SD)** | **Females (*n*=37)** | | | **Males (*n*=13)** | |
| Energy (MJ) | 10.4 (3.3) | 9.3 (2.3) | 13.5 (3.8) | EI/BMR > 1.19# (86) | | | EI/BMR > 1.19# (92) | |
| Protein (g) | 118.9 (42.8) | 104.7 (30.5) | 159.4 (47.7) |  |  | |  |  |
| (g·kg-1) | 1.7 (0.6) | 1.5 (0.5) | 2.0 (0.7) | 1.2 g·kg-1 (81) | | | 1.2 g·kg-1 (92) | |
| Carbohydrate (g) | 270.6 (80.9) | 247.6 (68.1) | 336.1 (80.7) |  |  | |  |  |
| (g·kg-1) | 3.8 (1.2) | 3.7 (1.3) | 4.2 (1.1) | 5 g·kg-1 (14) | | | 5 g·kg-1 (31) | |
| Fat (g) | 96.9 (38.1) | 84.9 (24.0) | 131.1 (49.8) |  |  | |  |  |
| (% EI) | 34.0 (3.9) | 33.5 (3.5) | 35.3 (4.8) |  | | |  | |
| SAFA (g) | 35.5 (12.3) | 31.7 (10.0) | 46.1 (12.6) |  |  | |  |  |
| (% fat) | 37.1 (4.9) | 37.2 (4.1) | 36.4 (6.8) | < 10 % total fat (0) | | | < 10 % total fat (0) | |
| Alcohol (g) | 1.0 (3.6) | 1.3 (4.1) | 0.1 (0.3) | < 2 serves/day\* (100) | | | < 2 serves/day\* (100) | |
| Sodium (mg) | 3149.0 (994.0) | 2909.0 (786.0) | 3831.8 (1223.4) | 2000 (16) | | | 2000 (8) | |
|  |  |  |  | **F 14-18 yrs**^ **(*n*=25)** | | **F 19-30 yrs**^ **(*n*=12)** | **M 14-18 yrs**^ **(*n*=12)** | **M 19-30 yrs**^ **(*n*=1)** |
| Fibre (g) | 29.9 (13.8) | 26.9 (8.0) | 38.3 (22.1) | 22 (72) | | 25 (75) | 28 (58) | 30 (100) |
| Calcium (mg) | 1038.0 (413.0) | 952.0 (300.0) | 1283.8 (583.1) | 1050a (24) | | 840a (83) | 1050a (75) | 840a (100) |
|  |  |  |  | 1300b (16) | | 1000b (58) | 1300b (33) | 1000b (100) |
| Iron (mg) | 13.2 (5.2) | 11.5 (3.7) | 18.0 (5.9) | 8a (76) | | 8a (76) | 8a (100) | 6a (100) |
|  |  |  |  | 15b (12) | | 18b (17) | 11b (92) | 8b (100) |
| Zinc (mg) | 13.2 (5.3) | 11.4 (3.7) | 18.3 (5.9) | 6a (92) | | 6.5a (100) | 11a (92) | 12a (100) |
|  |  |  |  | 7b (92) | | 8b (92) | 13b (92) | 14b (100) |
| Vitamin A§ (μg) | 1192.2 (643.1) | 1154.7 (584.4) | 1298.7 (804.7) | 485a (84) | | 500a (100) | 630a (92) | 625a (100) |
|  |  |  |  | 700b (60) | | 700b (83) | 900b (58) | 900b (100) |
| Vitamin C (mg) | 127.9 (106.2) | 117.8 (95.6) | 156.8 (132.1) | 28a (84) | | 30a (100) | 28a (100) | 30a (100) |
|  |  |  |  | 40b (96) | | 45b (100) | 40b (92) | 45b (100) |
| Vitamin E (mg) | 15.3 (6.9) | 13.8 (5.1) | 19.7 (9.5) | 8a (84) | | 7a (100) | 10a (92) | 10a (100) |

SD, standard deviation; EI, energy intake; BMR, basal metabolic rate; F, female, M, male

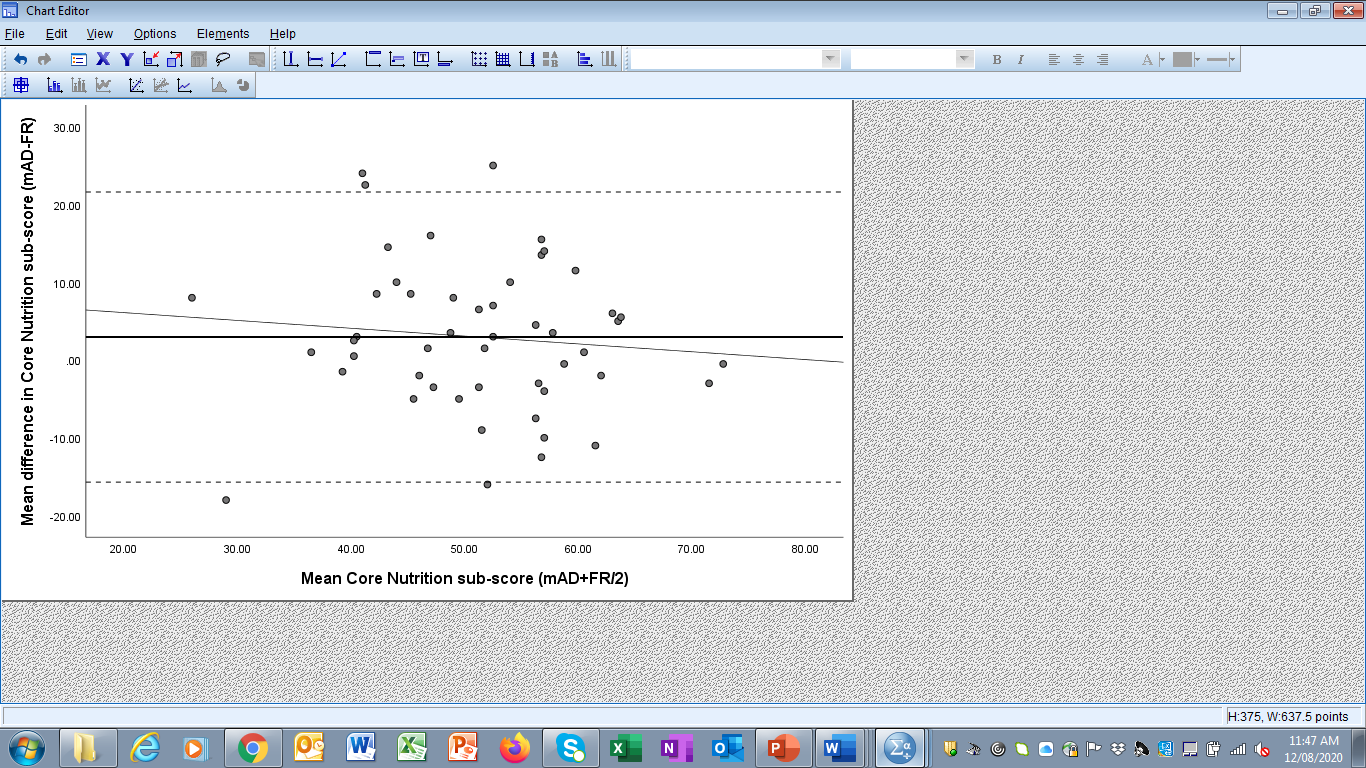
‡ Recommended intake for protein and carbohydrate in g·kg-1 are based on sports nutrition recommendations(14), while recommendations for saturated fat are based on the *Australian Dietary Guidelines*(1) and sodium are based on suggested daily target (SAL) as outlined in the *Nutrient Reference Values for Australia and New Zealand*(33);# Revised Goldberg cut-offs(34) were applied to identify potential misreporting, where EI/BMR < 1.19 was considered an under-reporter (UR) (*n*=6, 5F); \* One standard serve of alcohol provides 10g ethanol; ^ Nutrient reference values for fibre and key micronutrients are categorised by gender and age group; a values for micronutrient requirements are listed as the estimated average requirement (EAR) for calcium, iron, zinc, vitamin A (i.e. retinol equivalents) and vitamin C, and the adequate intake (AI) for fibre and vitamin E (i.e. alpha-tocopherol equivalents)(33); b values for micronutrient requirements are listed as the recommended dietary intake (RDI); § values for vitamin A from the 4d-FR are total vitamin A equivalents.

**Supplementary Material 6.** Comparison of ADI scores with scores derived from 4-dFR (*n*=50)

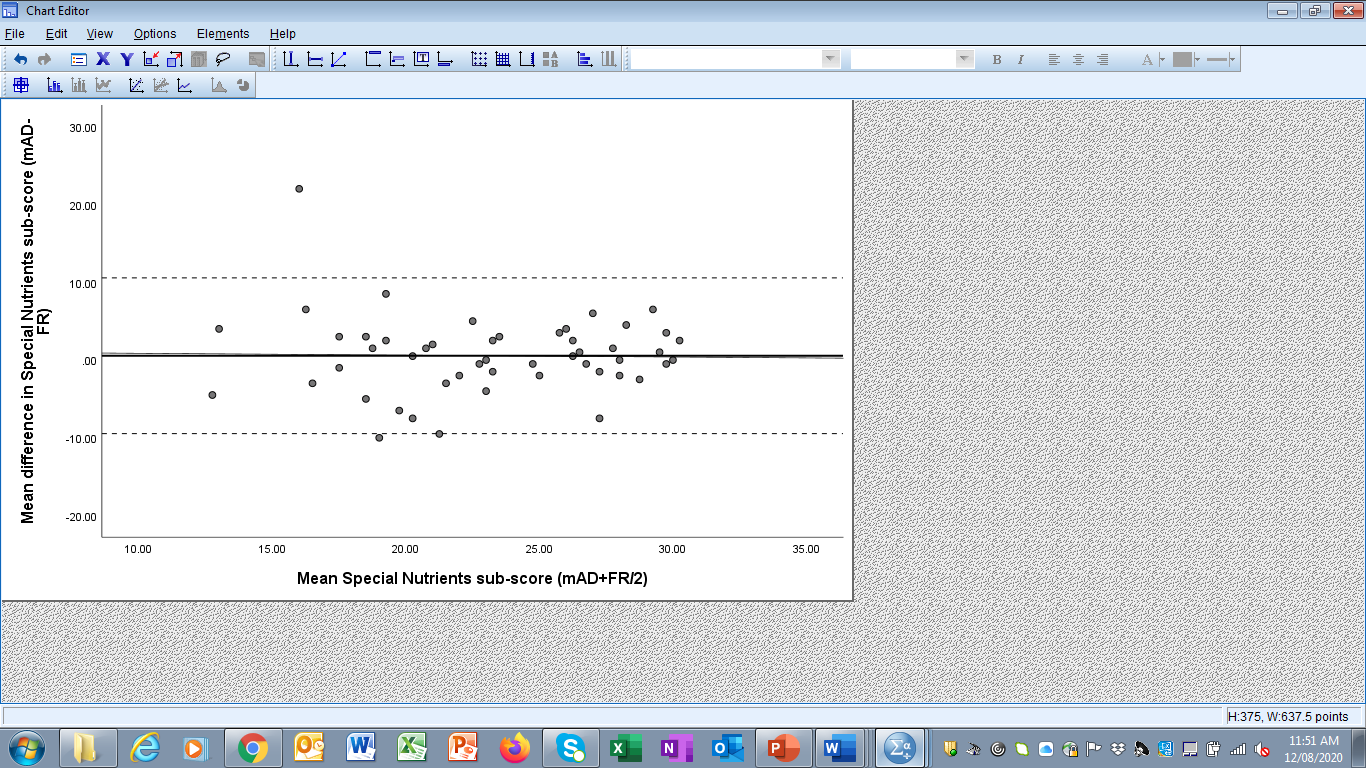
|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Scores** | | **Difference between ADI administration *vs.* 4-dFR** | |  |
|  | **Mean** | **SD** | **Mean (95 % CI)** | ***P*-value**‡ | **rs** |
| Total ADI score (out of 125) |  |  |  |  |  |
| Adm-1 | 85.7 | 15.9 | 4.3 (0.1, 8.6) | 0.04\* | 0.60\*\*\* |
| Adm-2 | 83.5 | 16.2 | 2.1 (-1.4, 5.5) | 0.24 | 0.72\*\*\* |
| mAdm | 84.6 | 15.2 | 3.2 (-0.4, 6.8) | 0.08 | 0.69\*\*\* |
| 4-dFR | 81.4 | 15.8 |  |  |  |
| *Core nutrition* sub-score |  |  |  |  |  |
| Adm-1 | 53.1 | 10.8 | 3.3 (0.1, 6.5) | 0.04\* | 0.46\*\*\* |
| Adm-2 | 52.4 | 11.1 | 2.6 (-0.1, 5.2) | 0.06 | 0.62\*\*\* |
| mAdm | 52.7 | 10.3 | 2.9 (0.3, 2.7) | 0.03\* | 0.58\*\*\* |
| 4-dFR | 49.8 | 11.1 |  |  |
| *Special nutrients* sub-score |  |  |  |  |  |
| Adm-1 | 24.2 | 5.8 | 1.3 (-0.4, 2.9) | 0.13 | 0.64\*\*\* |
| Adm-2 | 22.7 | 5.5 | -0.2 (-1.6, 1.3) | 0.80 | 0.32\* |
| mAdm | 23.5 | 5.3 | 0.6 (0.9, 2.0) | 0.45 | 0.66\*\*\* |
| 4-dFR | 22.9 | 5.4 |  |  |
| *Dietary habits* sub-score |  |  |  |  |  |
| Adm-1 | 8.6 | 1.6 | -0.2 (-0.5, 0.2) | 0.41 | 0.55\*\*\* |
| Adm-2 | 8.5 | 1.6 | -0.3 (-0.6, 0.0) | 0.09 | 0.83\*\*\* |
| mAdm | 8.5 | 1.5 | -0.2 (-0.5, 0.1) | 0.17 | 0.76\*\*\* |
| 4-dFR | 8.7 | 1.5 |  |  |

Adm-1, first administration; Adm-2, second administration; mAdm, mean of the two administrations; 4-dFR, four-day food record; SD, standard deviation; CI, confidence interval; rs, Spearman’s rank correlation coefficient; ‡ *P*-value applies to the mean of the difference between ADI administration (i.e. Adm-1, Adm-2, or mAdm) and 4-dFR for all participants (*n*=50); \* *P*<0.05, \*\*\* *P*<0.001

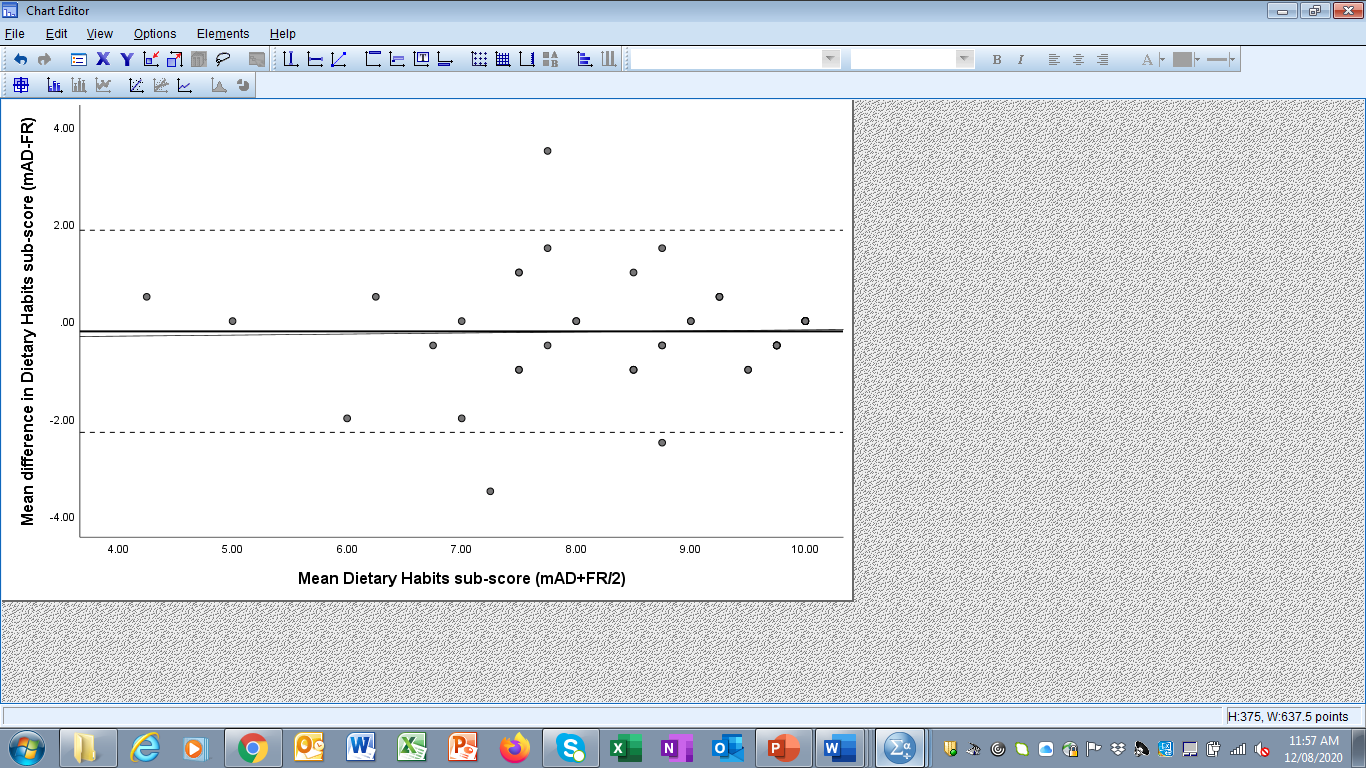
**Supplementary Material 7a**. Bland-Altman plots of the difference between the mean ADI sub-scores for *Core Nutrition, Special Nutrients*, and *Dietary Habits* and the sub-scores derived from the estimated food record (FR), and the mean ADI sub-scores and FR sub-scores.



**Figure 7a(i).** Bland-Altman plot of the difference between the mean *Core Nutrition* sub-score derived from the mean of the two administrations (mAD) and mean *Core Nutrition* sub-score derived from the estimated food record (FR), and the mean of the *Core Nutrition* sub-scores derived from mAD and FR (*n*=50). The bold middle line represents the mean difference between the *Core Nutrition* sub-scores from mAD and the FR, while the dotted lines represent the upper and lower levels of agreement (LOA) ± 1.96 SD. The fitted regression line is (y=8.11-0.1\*x) (95% CI: -0.39, 0.19; *p*=0.484), indicating no systematic bias.

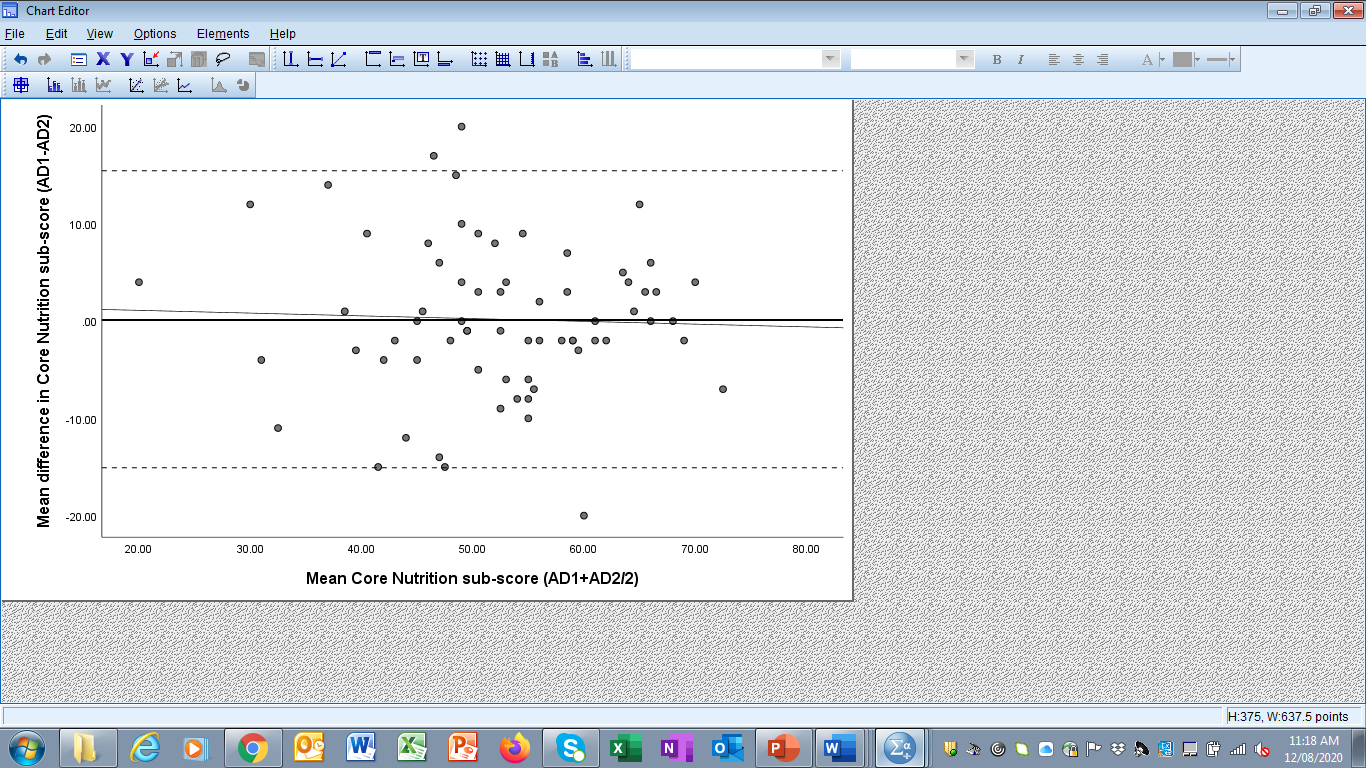


**Figure 7a(ii).** Bland-Altman plot of the difference between the mean *Special Nutrients* sub-score derived from the mean of the two administrations (mAD) and mean *Special Nutrients* sub-score derived from the estimated food record (FR), and the mean of the *Special Nutrients* sub-scores derived from mAD and FR (*n*=50). The bold middle line represents the mean difference between the *Special Nutrients* sub-scores from mAD and the FR, while the dotted lines represent the upper and lower levels of agreement (LOA) ± 1.96 SD. The fitted regression line is (y=1.1-0.02\*x) (95% CI: -0.34, 0.293; *p*=0.881), indicating no systematic bias.

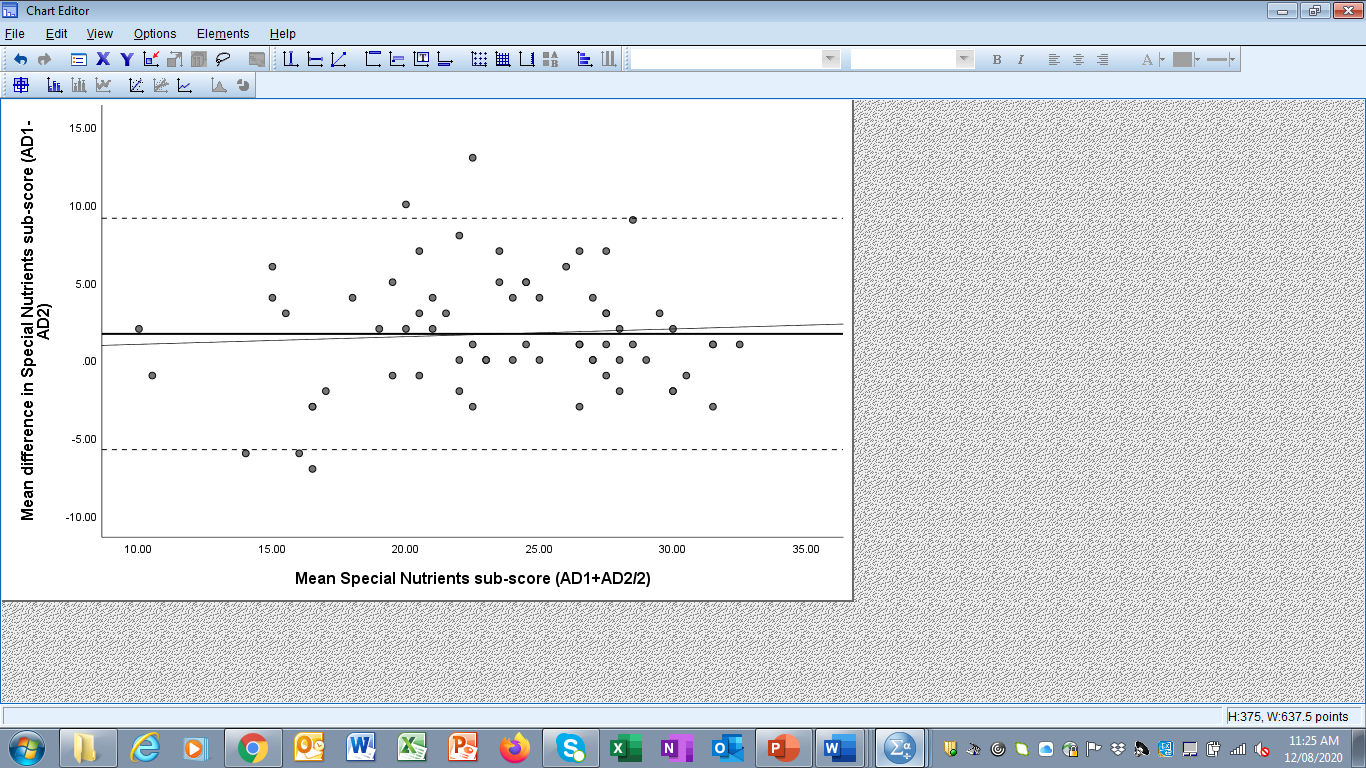


**Figure 7a(iii).** Bland-Altman plot of the difference between the mean *Dietary Habits* sub-score derived from the mean of the two administrations (mAD) and mean *Dietary Habits* sub-score derived from the estimated food record (FR), and the mean of the *Dietary Habits* sub-scores derived from mAD and FR (*n*=50). The bold middle line represents the mean difference between the *Dietary Habits* sub-scores from mAD and the FR, while the dotted lines represent the upper and lower levels of agreement (LOA) ± 1.96 SD. The fitted regression line is (y=0.4+0.02\*x) (95% CI: -0.20, 0.24; *p*=0.844), indicating no systematic bias.

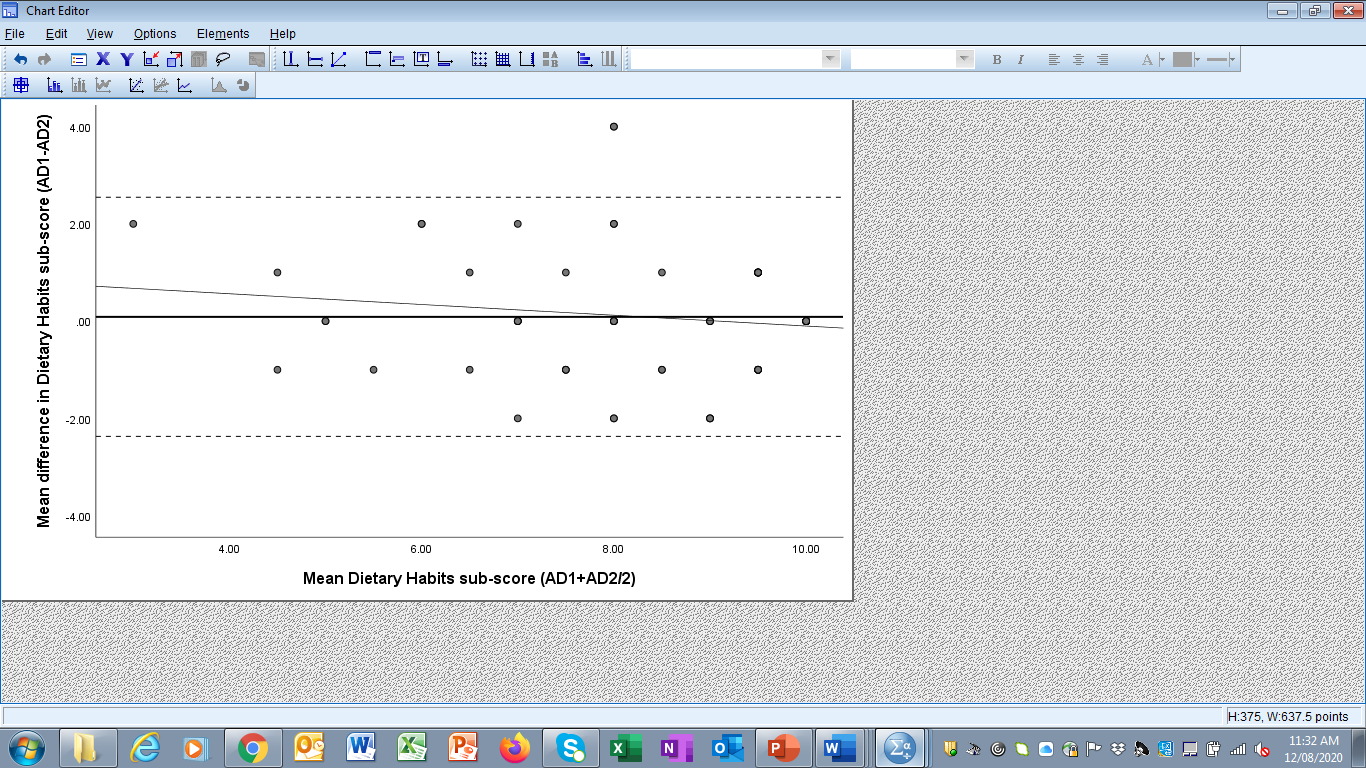
**Supplementary Material 7b.** Bland Altman plots of the difference between the ADI sub-scores for *Core Nutrition, Special Nutrients*, and *Dietary Habits* measured at the first administration (AD-1) and the second administration (AD-2), and the mean sub-score of the two administrations.



**Figure 7b(i).** Bland-Altman plot of the difference between the *Core Nutrition* sub-scores measured at the first administration (AD-1) and the second administration (AD-2), and the mean *Core Nutrition* sub-score of the two administrations (*n*=68). The bold middle line represents the mean difference between scores, while the dotted lines represent the upper and lower levels of agreement (LOA) ± 1.96 SD. The fitted regression line is (y=1.67-0.03\*x) (95% CI: -0.21, 0.16; *p*=0.762) indicating no systematic bias.



**Figure 7b(ii).** Bland-Altman plot of the difference between the *Special Nutrients* sub-scores measured at the first administration (AD-1) and the second administration (AD-2), and the mean *Special Nutrients* sub-score of the two administrations (*n*=68). The bold middle line represents the mean difference between scores, while the dotted lines represent the upper and lower levels of agreement (LOA) ± 1.96 SD. The fitted regression line is (y=0.52-0.05\*x) (95% CI: -0.13, 0.23; *p*=0.580) indicating no systematic bias.



**Figure 7b(iii).** Bland-Altman plot of the difference between the *Dietary Habits* sub-scores measured at the first administration (AD-1) and the second administration (AD-2), and the mean *Dietary Habits* sub-score of the two administrations (*n*=68). The bold middle line represents the mean difference between scores, while the dotted lines represent the upper and lower levels of agreement (LOA) ± 1.96 SD. The fitted regression line is (y=1.01-0.11\*x) (95% CI: -0.30, 0.08; *p*=0.241) indicating no systematic bias.